



Mastering Recovery

Rooted in the Steps



Practicing the Principles

With Barry Lehman

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Creating Room for Growth ✨

Awareness creates the space in which practice becomes possible.

without awareness...

there is no intentional practice.

Only habit.

Last week we talked about awareness as noticing ourselves and noticing life.

This week something else happened.

Awareness helped me notice something I'd been reading for nearly four decades.

I had always heard Step 10 as a reminder to make amends.

That's certainly part of it.

But one phrase suddenly stood out in a new way.

"Continued to take personal inventory..."

Wait.

Before I can admit I'm wrong...

I have to become aware that I'm wrong.

Awareness through the ongoing practice of a personal inventory is the doorway to a deeper reading of the Step.



Awareness doesn't always reveal something new.
Sometimes it helps us see something familiar more deeply.

We don't outgrow the Steps.
We keep returning to them.
Somehow they keep becoming larger.

Beyond Maintenance: A MasterClass Reflection

During our MasterClass two weeks ago, one question kept returning.

What have we known for years that we're finally ready to understand more deeply?.

That's not just curiosity.
It's awareness.
And helps create room for growth.

In early recovery, awareness often means recognizing our addiction and its consequences.

In long-term recovery, awareness takes on another role.
It becomes the lifelong practice of noticing where recovery is still inviting us to grow.

We become aware not only of ourselves, but of deeper truth, deeper relationships, and deeper meaning in the principles we've practiced for years.

Awareness is the doorway through which every other principle enters everyday life.

Living Recovery:

Awareness is the way long-term recovery keeps unfolding.

- The same Steps.
- The same principles.
- The same meetings.
- The same prayers.

But somehow...
they keep becoming larger.

Not because they have changed.
But because we have changed.

Practicing the Principles:

During my first few years in recovery, someone asked why I was still going to meetings.

"You're sober now. What more is there to learn?"

At the time, I wasn't sure how to answer.
Today I think I know.

We don't keep returning because the Steps change.
We return because we do.

And awareness helps us recognize the deeper wisdom that was waiting there all along.



**The real voyage of discovery
consists not in seeking new
landscapes,
but in having new eyes.**

— Marcel Proust

A practice for the week:

Get comfortable, think about your recovery history.

Then pick:

- * one particular Step,
- * one slogan,
- * one prayer, or
- * one recovery saying you've known for years.

Read it slowly.

Spend a minute or two looking at it, considering what it has meant in your life.

Then ask yourself:

What am I seeing today that I couldn't have seen five years ago?

Don't look for a new answer.

Look for a deeper one.

Write it down. Do that a couple times during the week.

Just pay attention to what you are learning about your own recovery.

◆ A Closing Thought

The principles we've explored so far and will still explore depend on awareness.

We can't practice honesty *until* we notice we're hiding.

We can't practice gratitude *until* we notice gifts.

We can't practice hope *until* we notice possibility.

Awareness isn't one principle among many.

It's the doorway through which every other principle becomes possible.

That's what the *MasterClass* is all about. Practicing the Principles and growing forward.

**Wednesday, August 5 at 12:00 pm
CDT.**

Master Class

With Barry A. Lehman

I'm interested.



***A Shout-Out to the
Center of Addiction and Faith***

Johns Hopkins has recognized the work of the *Center of Addiction and Faith* for their grant from Washington



Co., Minnesota. They are working with churches in that county to develop opioid responses and deeper awareness of the ways churches can support people who are impacted by substance use disorder.

[Link to Johns Hopkins Article.](#)



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Upcoming Conversations and Events

Barry Lehman
2370 Lexington Ave. S
Mendota Heights, MN 55120
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